



# Lunenburg Public Schools

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Loxi Jo Calmes  
Superintendent of Schools

## CALENDAR ADVISORY SUB-COMMITTEE MEETING Thursday, January 8, 2015 T. C. Passios Building- 7:15 p.m.

### Minutes

#### Calendar Advisory Committee

#### Superintendent

Colleen Shapiro – School Committee  
Ronald Hyatt – SAC LHS-absent  
Dr. Gary Asher – Former Lunenburg Family Practice, Health Advisory Committee  
Brandon Kibbe – SAC LPS  
Amanda Waltz – Parent  
Louis Bettencourt – Parent-absent  
Heather Sroka – School Committee  
Ami Powers – SAC THMS  
Katie McGuire- SAC LHS

Loxi Jo Calmes

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\* Call to Order: Meeting called to order at 7:19pm

\* Review and Approve Minutes: Katie McGuire motioned to approve the 11/20/14 meeting minutes. Heather Sroka seconded the motion. **Vote: Unanimous**

\* Review of February Break Information from Nurses & Internal Calendar Advisory's recommended Calendars: Nurses feel over weekend clears up illness in building – does not indicate any proof that Feb vacation clears up any illnesses. Nurses happy to weigh in on that matter. More of urban myth. School committee was given same information.

Supt. Calmes discussed other calendar proposed by internal committee – not many differences from advisory committee. Staff saw need for next February break, but going forward, staff still feels that break is important.

Benefit of this coming year to see how the change of February break works. 2 days off vs. 5 days off.

Suggestion to continue to work on it. Support school committee – talk to educators on the good reasons of why we change – try next year and see how it goes.

No compelling reason of why we have it (Feb break) – can't use “just because we always have had it off” is not a reason.

Shorter, refreshing breaks make much more sense. March is a very long month for students and for staff.

Concerns of reaction to staff and public on these changes – try to get word out that we are not the only town doing this.

\* FY17 Calendar Recommendations: Internal calendar committee put together 2016 – 2017 calendar as well – many guidelines were considered in it, full February vacation was back in, and first week of school was modified, to 2 PD days and students return 3 days. Some concern that starting after Labor Day would be too long of a summer break.

Discussion of future years – have a standing committee – comprised of “Internal” and “external” work together each year – due to issues that come up each year. Rotate the parents to ensure full population is reflected.

Should calendar go through School Council? Look to existing structures to review the calendars. If School Committee adopts guidelines, then all 3 councils and could come up with a calendar for school committee to review. Suggest “guidelines” be starting point for shell of a calendar, then have the school advisory committee’s work from that.

How to make that happen - calendar advisory committee will present a report of what the charge was, what results were found and recommendations - To be done at the end of this advisory session.

\* Overview of the May, 2009 Presentation on Start Time :

Supt. Calmes to invite the Athletic Director and Mr. Spadafino to one of our upcoming meetings (1/29) regarding changing start times. They can bring to the table many of their concerns regarding this change.

Dr. Asher to give presentation on his findings on changing school times – discussions on sleep stages, circadian rhythms, different ways to learn and what sleep effects have on learning. Academy of Pediatrics has issued report on school times. We have listened to other issues – safety, concussions, etc. Now they have issued one regarding school times. Drowsy Driver syndrome also has big impact.

Higher use of stimulants for these older students. Lower levels of physical activity, because students are tired. Mental health – anxiety, depression, appearance of ADD, decreased positive affect, decreased motivation to accomplish tasks, moody and frustration. Time to make a stand that this is a health issue and not a scheduling issue. Studies show that students are not staying up later – in fact getting 40 – 70 minutes more sleep. Argument about affecting after school activities – this is a scheduling problem. Ways to work around scheduling. Standardize scores were up significantly.

State wide this is an issue – mostly with scheduling (sports). If we change, how do we work with neighboring schools who haven’t.

Very compelling argument and very difficult to change – due to scheduling and logistics.

Good opportunity because we have over a year to get public involved and get people ready.

Look at how small schools who have done this change – have adapted after school activities, sports, etc.

Need to communicate this issue – especially to the educators. Talk to extended day, High School, A.D, this becomes a community issue – coming together to make this change for the health of the children.

Survey results were packed with comments regarding this start time issue

Supt. Calmes to talk to leadership team. Advisory committee develops report for School Committee. All building principals and A.D to next meeting (January 29, 2015).

\* Adjournment: Heather Sroka motioned to adjourn the meeting at 9:20pm. Katie McGuire seconded the motion. Next meeting will be on Thursday January 29, 2015 at 7:15pm.

Respectfully Submitted,

Ami Powers